

More eggs ... More chances!

When the problem lies with my spouse, why should I be stimulated?

This is a fairly straightforward question posed by most women who are subjected to various infertility treatments (eg In Vitro Fertilization) due to male infertility. The answer is as follows: A fertile female will normally produce 1 follicle per month; From this follicle it could be taken only 1 mature egg if there is a proper moment for oocyte pick up (Aspiration of ovocytes). This egg will join a sperm; this coupling will not always result in a good quality embryo; Sometimes joining may not result in embryo or may result in an embryo of a suboptimal quality. Even if we finally find ourselves with a single embryo to transfer the chances for pregnancy are small.



To increase the IVF rendement in the 80s of the last century were put into use different ovarian stimulation protocols. The goal is very simple: **to grow the more follicles; Get more eggs;** More mature eggs increase the opportunity to get more embryo after joining with the sperm. Having as many embryos available to the infertile couple then we reach even more options, as a consequence the changes are bigger; It is logical,

- If we transfer 2 embryos we will have more chances for pregnancy!
- If we have many embryos, then the couple can also choose the cryopreservation (embryo freezing). Maintaining excessive embryos will avoid the need to repeat the IVF procedure from the beginning thus not having other financial costs. Another advantage of frozen embryos is that they contain the genetic material of a newer egg; These embryos are not affected by the years that pass in the life of a female patient.
- The more embryos the couple has formed, the higher the chance they have the day 5 transfer (blastocyst).

- The more embryos the couple has, the more likely the diagnosis of premenstrual gland (PGD) can be done, if the latter is indicated.
- In the presence of many embryos, there is also the possibility of selecting the best for transfer; the opposite happens when we have only one embryo available to transfer: We do not have the option of selection.

Such a response applies to all women undergoing IVF regardless of who is the cause of infertility.